

Dear Parents

Schools are full of biorhythms. Each day has a rhythm and shape, framed by bells (or in our case brief soundbites of Jewish music); each week is patterned by routines – this class, on this day, at this time, with assemblies, form times, meetings and Enrichment activities adding to the mix. Each term in the year has a certain feel, too: a combination of the season, the weather, the hours of daylight, our progress through the year's topics, where we are in relation to exams, reports, parents evenings and all the other deadlines that are essential in a complex, high-achieving organisation.

The shape of a school year, echoing as it does the patterns of nature is something I count as one of the blessings of working in schools – for one thing, 3 defined terms each year means 3 opportunities to turn over a new leaf, renew vision and resolve, and put the past behind us. And that's just the Headteacher...

The very notion of a biorhythm is a wonderfully cross-disciplinary thing, just the sort of creative interplay that we love at JCoSS. And as we continue to grow as a school it is fascinating to see the JCoSS pattern of biorhythms emerging. For many schools the second half of summer is a wind-down, a relatively gentle cruise (albeit with some fevered exam marking in the background, and some equally fevered construction of next year's timetable). At JCoSS we are at full tilt, and without the benefit of time freed up as Year 11 and Year 13 classes depart.

The pages that follow bear witness to the amazing energy of staff and students in recent weeks, and among those that missed the print deadline are the Year 8 trip to Normandy, Brilliant Club trips for Year 12 (launch) and Year 9 – graduation at Oxford, and our "Open Classrooms Week" during which we have been celebrating and sharing best practice in teaching learning amongst the staff. Plenty already in store, then, for the final newsletter of the year.

One of the most important biorhythms as we move into the future will surely be the Year 9 Israel Journey, which has run for the first time this year and will be an annual event. I was able to join the group for the last few days, and wonderful days they were. The staff team, under Ms Robinson's magnificent leadership, was exceptional, and the students were superb – an enormous credit to parents and to the school. It was a huge success and I am grateful to all those colleagues who gave up their half term to go, and to all who remained stoically at home to hold the fort at JCoSS.

With best wishes



Headteacher

## Closer to Israel Parade

The Closer to Israel Parade took place earlier this month, where thousands of people gathered in Central London to celebrate Israel's 65<sup>th</sup> Birthday. Sammy Hass (7N) and his sister opened the parade, cutting the ribbon with the Israeli Ambassador and Chief Rabbi and then leading all the floats through the streets of London. Later on in the proceedings they went on stage to present a prize to The Jewish News art competition winner and they also sang The Hatikvah with communal leaders and other children. The day was an amazing experience for Sammy and all involved.



## Lockers

Please can you remind your children to empty their lockers **before** the end of term. Any items or locks that are not taken home will be discarded.

New lockers will be allocated at the beginning of the new school year.

## Thank you to Parents

Thank you to all parents who have been considerate in dropping and collecting their children at the drop off zone Castlewood Road entrance. This really helps to keep the roads near JCoSS clear for our neighbours.

## Attendance

Tutor group	Year 7		Year 8		Year 9	
	Year to date	May	Year to date	May	Year to date	May
B	95.7	97.2	94.4	93.5	95.1	92.7
F	96.2	99.1	92.1	91.5	93	95.2
N	94.5	92.5	94.5	95.9	93.8	96.2
R	96.5	97.8	93.8	93.6		
S	97.1	97.4	94.5	94.9	94.2	94.1
W	94.6	95.3	93.9	96.2	95.8	96.9
Y	93.6	97.5	92.8	91.5	95.5	98

Whole school % attendance for April 13 91.2  
 Whole school % attendance School Year to date 93.9  
 Whole School Target Attendance % 96

Attendance figures for May 13 - Well done to year 7 and a good improvement in Y9.

## Cycling at JCoSS

17 students from Years 7 and 8 took part in our first cycling course, where students learnt to cycle safely on the roads near JCoSS. At the end of the course, students received their Bikeability certificates. Students in the PSRP were also able to ride bicycles during a PE lesson.



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## A note from our Security Manager

If you have driven into school recently, you will have noticed that we have installed a barrier on the exit lane as you drive out. We have also upgraded the lighting on that lane. This system is fully automated and will allow easy exit from the school site. This has been done as part of an on-going programme of road improvements around the school site.

Further improvements will include new LED lighting on the entrance lane and additional speed limiting measures.

Our security procedures are designed to allow access only to authorised visitors. When you approach the Security Gate House, the Security Officer will check who you are here to see. Once verified, you will be directed to the numbered visitors' bays in the car park. (These are bays 51 – 66. Please avoid parking in other numbered bays.) The barrier will be raised and you should drive towards the blocker. The blocker will be lowered and the light will turn green when it is safe for you to proceed.

When you leave, you should drive to the white line. The blocker will lower and the barrier will rise. The light will turn green and you can then proceed safely over the blocker and out of the site.

Cars dropping students off or picking them up should stop in the drop off zone on the left hand side of the road. We would ask that parents avoid dropping students off in the coned areas on Castlewood Road or on the turning circle by the Security Gate House. Vehicles parked in the coned area limit the space for the coaches to bring students into school and the limited road space may also result in cars being damaged.

Finally, please also observe the 10mph site speed limit at all times whilst driving on site.

Many thanks

Mr R Marco, Security Manager

## JCoSS Carnegie Shadowing Group with author Sally Gardner – 7th June 2013

As book lovers, we were thrilled to see Carnegie Shadowing as a choice for our enrichment, and once we found out what exactly it was, we were even more excited. Carnegie Shadowing is an amazing experience: participants read the books shortlisted for the Carnegie award and plan a presentation about one of the books to perform at the Carnegie Shadowing Barnet Event, which we were lucky enough to go to on Friday 7th June. We were presenting on “Midwinterblood”, by Marcus Sedgwick (we highly recommend it!). Rather than doing a standard speech about it, we made it a talk show –

“Mid-winter-morning” with Orli Vogt-Vincent (8F) and

Abi Wander (8N) as our brilliant hosts, Charlotte Prevezer (8Y) as our book character to be interviewed, and Ella Garai-Ebner (8F) as the author. We had a lot of fun writing, rehearsing and performing it - thankfully, we got a lot of laughs from the audience as we put on our stick-on moustaches! We had an amazing day and it was perfect for us, with biscuits, books and new friends made. We hope we get the chance to go again next year, as it was a great experience.

*By Ella Garai-Ebner and Charlotte Prevezer.*

The young people of Barnet voted R. J. Palacio’s “Wonder” as their favourite Carnegie contender. The official Carnegie winner will be announced on Wednesday 19th June.



## Barnet Lit Quiz / Year 7 students

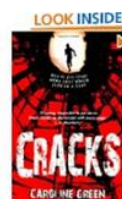
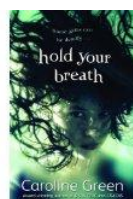
I was proud to be selected for the 2013 Lit Quiz. I went to the Totteridge Academy with Lily Sheldon (7B), Gabi Vides (7N), Daniel Deasy (7W) and Adi Blass (7N).

We were the only Jewish school competing, along with about 10 other schools. The quiz was reading based, with questions about different books that we were required to answer as a team. Each round was based on a different topic. I remember the “Harry Potter” round being the funniest one and the “Diary of a Wimpy Kid” being the hardest one. We all worked together and we made a great team! Overall, JCoSS came 4<sup>th</sup> out of 10 schools, which we are all extremely happy with. *By Antonia Salem (7F)*



## Caroline Green’s visit to JCoSS with Year 8 students

Many Year 8 students had the opportunity to listen to Caroline Green who spoke about her new book “Hold Your Breath”. This is a selection of her most recent books:



## Amazon Wish List

Very many thanks and Mazel Tovs to the following students and their families who donated books to the LRC last month: Talia Fenton in 8N & Saul Fenton in 8F and Nathan Taylor in 8Y.

## LRC Book Returns

The LRC will be closed to students after the **26<sup>th</sup> June** so that we can undertake a full stock take and prepare for a new computer system. Please could you make sure that all your books are returned before this date.

## Parent Helpers Needed

Another busy year has gone by in the LRC. It will be closed for the last three weeks of term so that the many books which have been purchased can be logged on to the library system so they are ready for use in September. Many thanks to all the parents that have helped me so far; more help will be needed to deal with these new books next month. If you will be free and able to help, please contact me between 12 noon and 5 p.m. in the LRC; your help would be greatly appreciated.

Mrs. C. Mulkis, Librarian



## Thank you to Nicola Lewis Flowers



Thank-you to *Nicola Lewis Flowers* for providing a beautiful flower arrangement and a fabulous kosher sweet tree for the 6<sup>th</sup> form Welcome Evening and forthcoming Open Morning. Contact Nicola for all occasions from bouquets to functions. Tel: 07966 204716



Congratulations to Josh Dean 7S and Tom Hyde 7R for receiving their black belts in karate last month.

## Social Action at JCoSS

### Yoni Jesner Award

Mazel Tov to all the JCoSS students who completed their 20hrs of volunteering. I was so proud to witness our students receive their awards from Marsha Gladstone, Yoni's mother. We were the largest contingent present at the award and a special thank you to Hannah Kieve and Miriam Clifton for making a wonderful speech.

### Manna from Heaven

A massive thank you to Jamie Lesser for sponsoring Manna from Heaven, our food making project for the homeless this month on the occasion of his Bar Mitzvah. Jamie joined our regular volunteers in making Rocky Road for Local Action in Barnet.



### From Jewish Care...

A big thank you from Jewish Care to all at JCoSS for choosing Jewish Care as one of your charities to support for the forthcoming year. We are extremely grateful for your commitment and are excited at the opportunity of working together and building a lasting partnership.

Mrs V Rose, Social Action Co-ordinator

## Israel Journey 2013

The first JCoSS Israel Journey opened with a reading by Yehuda Amichai. The poem 'Tourists' was written with tour groups in mind. Amichai finishes his poem with a plea:

*I said to myself: redemption will come only if their guide tells them,  
"You see that arch from the Roman period? It's not important: but next to it,  
left and down a bit, there sits a man who's bought fruit and vegetables for his family."*

The Year 9's spent a whistle stop two weeks exploring the beauty and the challenges of Israel. We travelled from Tel Aviv, to the Western Galil region; from the tip of Mount Meron to the lowest point on earth the Dead Sea and Ein Gedi; students floated down the Jordan River and splashed in the waters of the Mediterranean Sea; they reflected at Yad Vashem and felt moved at Mount Herzl.

They met with young Israelis, Bedouins, Druze and Arab Israelis; they asked questions, reflected, challenged each other, laughed and cried together.

The JCoSS Israel Journey was not a holiday, they were up too early and to bed too late for that. It was an opportunity for our students and teachers alike to understand what this small country in the Middle East means to each one of us, and for the Jewish People. We all felt moved, we all felt changed in some way or another, we all felt inspired and we all felt utter gratitude for the most wonderful life changing trip.

שם שהתלמידים חייבין בכבוד הרב כך הרב צריך לכבד את תלמידיו ולקרבן, כך אמרו חכמים יהי כבוד תלמידך חביב עליך כשלך, וצריך אדם להזהר בתלמידיו ולאזהבם שהם הבנים המהנים לעולם הזה ולעולם הבא

Just as the pupils are required to honour the teacher, so the teacher ought to be courteous and friendly towards their pupils. The sages said: "Let the honour of your student be as dear to you as your own" (Pirkei Avot, 4:15). One should be interested in one's pupils and love them, for they are the spiritual children who give pleasure in this world and in the world to come.

After two weeks in Israel with 79 Year 9 students the bond that has been created between student and teacher is profound. We have all seen each other out of the school setting, learnt to trust each other, take care of each other and have found new levels of respect for each other.

The students made us all proud, as they packed food packages for the poor, volunteered on kibbutz, played with young survivors at Save a Child's Heart, picked kohlrabi in the fields of the North, milked cows: In so many ways they grew into responsible young adults, who were praised by El Al and the other passengers for their fantastic behaviour on their way home (nothing to do with their utter exhaustion!).

I feel blessed to have had the most wonderful staff team, in Israel and back home, and feel humbled by the students' commitment and enthusiasm for the journey. May we see the impact of this journey on school life at JCoSS throughout their school careers.

Ms E Robinson  
Assistant Headteacher, Director of Jewish Education



## JCoSS Israel Journey 2013 By Jayme Cohen

Having returned from Israel last week, it is time for reflection on the fantastic trip that was arranged for the first Year 9 Israel Tour, a visit that not only inspired us, but bonded us both with the Land of Israel and each other and in many cases enriched our Jewish Identities.

79 JCoSS students flew from Luton airport, with 10 amazing and dedicated staff members for a two week tour of the Jewish homeland. The trip included touring from the furthest point North at Rosh Hanikra to the Dead Sea and many of Israel's diverse cities including Tel Aviv-Yaffo, Safed, Akko and Jerusalem. Routes Travel provided us with two great tour guides Danny and Elad. There was lots of hiking to be done, up Masada and down again, through the Dan – getting wet - and even up Israel's second highest mountain Har Meron.

So many great opportunities to volunteer and get involved with Israeli Society, from Leket and its kohlrabi picking, clearing weeds for Livnot and Safed Citadel restoration project, to the Cabri school partnership program in the Western Galil, lunch with the Druze, an amazing night under the stars with camels and the Bedouins and packing food parcels for the poor in Jerusalem. It was all great fun. The group bonded over the numerous schnitzel and rice meals, #hydration harassment and “20 minute!!!” bus rides to the next incredible destination. Students who had previously never spoken to each other, except for maybe a passing hello or can you pass me a pencil, became great friends after rooming with each other either at Kibbutz Shomrat, En Gedi or the Rabin House in Jerusalem, or spending time together throughout the trip.

However none of this would have been possible without the great staff that looked after us, hopefully enjoying some of the fun as well. But most of all a massive thanks needs to be said to them, especially Ms Robinson, who not only worked hard organizing the trip, but also made it run smoothly throughout. Without the energy and excitement that the teachers shared with us the trip would not have been the amazing success that it truly was. Ms Robinson you definitely deserved all the applause that you received when you successfully delivered us home to our families at Heathrow.

Finally I would like to wish the next cohort who make this trip as much fun and inspiration as we the current Year 9's have had. L'shanah haba'ah b'Yerushalyim.

*Please go to our website to find further interesting accounts of the Israel journey by Kezia Niman and Savannah Speechly.*



## PE KIT – An Important Reminder

Please can all students ensure that their PE kit is correctly labelled with their NAME and FORM, so that it can be easily recognised if it is lost. We are finding that a large proportion of students are leaving their PE kit in the changing rooms after lessons and we are unable to return it to its rightful owner if the kit is unnamed.

If your son/daughter has lost any items of kit then they must go to student services to look through the hoard of lost kit we recover on a daily basis.

## Junior Maths Challenge

Back in April, 125 nervous and excited Year 7 and Year 8 top JCoSS Mathematicians entered the Sports Hall to sit at exam desks and prove their logical thinking skills. We are delighted to report that they did their school and themselves very proud.

Three Year 8 students gained enough marks for a Gold certificate with Lucas Samuel (Score of 93) topping the list. Five Year 7 students managed to gain a Gold certificate showing the talent we have to come through the school: Daniel Turaev received a 97 score, but the "Best in School" award goes to Isaac Lobatto with a massive 112 points and narrowly missing out on qualifying for the Junior Mathematical Olympiad by 1 mark! A target I'm sure he will achieve next year. Well done to all our students who competed with impeccable behaviour during exam conditions and between Year 7 and 8 we gained 9 Gold, 20 Silver and 26 Bronze. Keep practising for next year (Current Year 8 will sit the Intermediate Challenge) with past papers questions here:

<http://www.ukmt-resources.org.uk/index-tr.html>

Well done and good luck next year,

Mr Davies and the very proud Maths Department

## Year 9 Work Shadowing Day

### By Ayala Gottlieb Alter 9F

Jordan Rubinstein and I went to Queen Mary, University of London, School of Electronic Engineering and Computer Science to find out what the job of an Electronic Engineer encompasses. We spent the day with Ho, the Electronics Teaching Lab Manager who also goes into schools in order to shed light on the world of Electronic Engineering. The main thing I gleaned from this experience was that although being an Electronic Engineer can be slightly tedious at times (especially if that time includes paperwork and answering tonnes of emails), most of the time is a lot of fun. Engineers are basically inventors and researchers, and spend much of their time experimenting with high-tech equipment, taking things apart and rebuilding it to make something new, and occasionally blowing stuff up. During the day we got to rewire and play electric guitars made entirely of circuit boards and wire, pressure pads for strings, a piece of plywood for the main frame, and buttons to control the length, the volume, and the pitch of the note; it was just a prototype but we managed to play a few simple tunes.

We saw a multi-purpose performance space where, the previous day, an experiment was conducted to measure people's reaction to comedy; the audience and comedian wore specially designed hats, wristbands, and vests to track movement and measure the interaction and effect people within the audience have on each other's reactions. There was a 3D printer that created objects of varying sizes out of plastic, metal and many other materials; a huge box-like room where the walls, ceiling and floor were covered with millions of triangular shaped pieces of sound proof foam, in order to measure and experiment with micro-waves; and an exceedingly high-tech working robot called NAO that could dance to Gangnam style and perform a variety of Tai-Chi moves. On the whole, we had a fantastic day and really got to understand just how much fun an Electronic Engineer's job can be.





# JCoSS

proudly presents our

## Arts/PE Showcase

Wednesday 10th July 2013

6.00 - 9.15pm

The Main Hall/Drama Studio and Heart space

### Featuring outstanding work in the Arts and PE:

- Welwyn Garden City Youth Drama Festival winning performance of 'Self - portrait With A Bandaged Ear' by Steve Morley - 7.00 and 8.15 (Drama Studio/Main Hall)
- The Zamar Singers - 6.20 and 7.30 (Heart Space)
- Music performances 6.00-6.20 , 7.45 – 8.10 and 8.45 – 9.00 (Heart Space)
- London Borough of Barnet Dance Festival entry – 6.45 and 8.00 (Drama Studio/ Main Hall)
- Footage of outstanding work in PE (Main Hall screen and Heart Space plasma screens)
- Display of outstanding work in Art (Heart Space)

**This will be a 'promenade' style event (seats will be available if required)**

Entrance by ticket only, available from Monday 24th June from Reception - £3 adults/£2 concessions

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### Arts/PE Showcase – Wednesday 10th July

**TICKETS ARE ONLY AVAILABLE FROM RECEPTION (from Monday 24th June)**

ADULT TICKETS..... @£3/TOTAL £.....

CONCESSIONS (Children and Senior Citizens) .....@£2/TOTAL £.....

I enclose a cheque/cash for £.....

Child's name..... Tutor Group:.....

Signed (Parent) .....

Please print name.....

## Music Therapy Week at JCoSS

By Rivka Gottlieb, Music Therapist

Music Therapy Week (MTW), which took place from 8<sup>th</sup> to 15<sup>th</sup> June, is a week of campaigning to help raise awareness of how music therapy can improve the lives of some of the most vulnerable people in our communities across the UK, and JCoSS got in on the act. There was an informative display in the heartspace, and JCoSS Music Therapist Rivka Gottlieb led an experiential workshop session for staff. (There will be another opportunity in July for those who could not attend the session.) Here at JCoSS we have a Music Therapist based in the PSRP who currently works with pupils who are on the autistic spectrum.

Music therapy is a psychological therapy that helps in many different ways, and like the other Arts therapies (eg art therapy or drama therapy) uses a creative and expressive medium in addition to or with language. Often, even people who don't have a special need, find it difficult to express how they are feeling verbally. Music can be used as an alternative "language" to explore what's going on in a way that feels safe and comfortable. Sessions can involve just sitting and talking with very little music - that's still music therapy! - all music with little or no talking, improvising together using the instruments, listening to music on an iPod, writing songs using computers or iPads.... The possibilities in music therapy are wide open.

At JCoSS, the Music Therapist works with individuals and groups in the well-equipped music room in the PSRP. She works closely with the Speech and Language Therapists and Occupational Therapist as part of the JCoSS Therapy Team. All practicing Music Therapists in the UK are registered by the Health and Care Professions Council ([www.hpc-uk.org](http://www.hpc-uk.org)) and have an approved post-graduate qualification.

If you want to know more you can speak to the Music Therapist at school (the Therapy team office is room A019) or visit the British Association for Music Therapy website at [www.bamt.org](http://www.bamt.org)

### About Music Therapy

Music plays an important role in our everyday lives. It can be exciting or calming, joyful or poignant, can stir memories and powerfully resonate with our feelings, helping us to express them and to communicate with others. Music therapy uses these qualities and the musical components of rhythm, melody and tonality to provide a means of relating within a therapeutic relationship. In music therapy, people work with a wide range of accessible instruments and their voices to create a musical language which reflects their emotional and physical condition; this enables them to build connections with their inner selves and with others around them. Individual and group sessions are provided in many settings such as hospitals, schools, hospices and care homes.

Some examples of the types of conditions or illnesses which can be helped by music therapy are:

- Early bonding / relationships
- Autism
- Brain injury / Stroke
- Dementia
- Learning disabilities
- Mental health e.g. depression, schizophrenia
- Trauma
- Palliative and bereavement care



## JCoSS Jollies support Cancer Research UK's 'Race for Life'

Last Sunday, JCoSS entered a team in the Race for Life.

Our target is to raise £1,000 towards much needed funding for cancer research. We are almost there, but would appreciate any pennies you can spare! This is the link to the JCoSS Jollies.

<http://www.raceforlifesporsome.org/the-jcoss-jollies>



Many thanks!

**The JCoSS Jollies** – Ms Miller, Mrs Kos, Mrs Reissner, Ms Nield, Ms Druckes, Mrs Samuels

# JCoSS Sports

## **KS3 Cricket - JCoSS vs Ashmole 20/05/13**

### **Match Report by Jack Brown - Year 9**

For JCoSS's first ever Cricket match we played Ashmole School. They elected to bat first and within a few overs the first wicket had fallen, and it was not long for many more to be taken. After 13 overs and 3 balls Ashmole were bowled all out for 63. The pick of the bowlers were Saul Fenton who took 3 wickets for 4 runs off 2 overs, Jake Segal who took 2 wickets for 10 runs off 2 overs and Harrison Leighton who took 1 wicket for 2 runs off 2 overs. Tom Stepsky and Harrison Leighton opened for JCoSS and after hitting 6 runs Harrison was caught



out. After Sammy Bradley had been cheaply dismissed for 8, in came Jack Brown who quickly made up the remaining runs to reach the required 64 in just 10.4 overs. Brown made 18 not out whilst hitting the only 6 of the match whilst Tom Stepsky played some clever shots to add 10 as JCoSS won by 5 wickets.

## **JCoSS vs Christ College (8-1) Football**

JCoSS ran riot against Christ College in what was their final Year 7 fixture of a hefty, but dominant campaign. However, it was a propitious start for Christ College as they struck early in what was a stereotypical smash and grab. A speculative pass was hoofed forward by their cumbersome centre half, which somehow managed to jounce through 2 defenders and find its way to the feet of a fortunate CC centre forward. With Jack Earle to beat, he unwittingly deceived him with a scuffed finish of a calamitous high; the ball nestling right into the bottom corner of the onion bag. 1-0 down. However, their start was against the run of play and about as successful as Zambia's short lived space programme to Mars in 60's. Eddie Lisberg, a student from the school of hard knocks saw the red mist descend from a frustrating start. Lisberg, alongside Jonathan Brown rallied the troops and started to add some bite into the centre of midfield. What happened in the next 55 minutes can only be described as one-way traffic, the Alamo of New Barnet, total domination and a feast of goals for the goal hungry spectators. Adam Morris pulled JCoSS level with an acute angled finish from just inside the box. Jonathan Brown netted then netted a brace to put the game beyond the capabilities of their demoralised counterparts. Further goals from Luka Janjic, Morris and ..... completed the rout. 8-1. Harry Brodin is not one to be eclipsed by the exuberance and fame seeking natural goal scorers of JCoSS as he went on a 70 yard mazy run *a la* Maradona 86 but only to find the visiting goalkeeper in fine fettle. With further attacking prowess from Bengy Radnor, JCoSS almost threatened to surpass the record of Australia's 31-0 defeat of Western Samoa.

Well done to the following students: Jack Earle, Ethan Earle, Sam Baker, Sam Lakeland, Harry Brodin, Alex Essl, David Noyvert, Bengy Radnor, Adam Morris, Eddie Lisberg, Jonathan Brown, Luka Janjic, Jacob Freedland and Samuel Lachmann.



## JCoSS goes.....White Water Rafting at Lea Valley – May 2013

Led by the herculean Mr Mitman, over one hundred Year 7 students visited the spectacular Lea Valley white water rafting centre in Waltham Abbey for a day of fun-filled wetness. After spending the morning scientifically studying the entire Olympic site, the students were struggling to quell their anticipatory excitement at the prospect of being hurled around the rapids in a glorified dingy. Having squeezed themselves into their clingy, but rather fetching wetsuit attire they were then briefed by the instructors on the potential hazards of white water rafting as well as learning the key paddle skills they needed to keep the boat moving forward. The students were quite literally chomping at the bit, with the ensuing few hours on the water, as you can see below, providing many a Kodak moment.



## JCoSS Elite Performers: Sports Profile

Name: Sophia Godfrey

Year: 7

Sport: Swimming

Club: Barnet Copthall

### Previous accomplishments:

1. Recently succeeded in achieving the 800M freestyle National Qualifying time: 9 mins 51.53. The National time is 9.55.56.
2. Middlesex Champion
3. No 1 in Brazil
4. Top 10 in Britain / UK

### My Training Programme:

Monday – 18:30 – 20:30

Tuesday – 05:00 – 07:00 & 18:00 – 20:00

Wednesday – 18:30 – 21:00

Thursday – 05:00 – 07:00 & 19:00 – 20:45

Friday – 18:30 – 21:00

Saturday – 06:00 – 07:45

Sunday – Competition day

### Best/Worst things about competing in my sport:

The best thing about competing in my sport is when you beat a personal best time. The worst thing about competing in my sport is that I am quite small and I am competing against bigger and taller swimmers.

### My role models:

Michael Phelps, Ryan Lochte and Rebecca Adlington



### Most memorable moment:

Recently I set amazing Personal Best times for 5 races. These were within 4% of the National Qualifying time in the same Gala.

### Targets and hopes for the future:

- 1) To make the upcoming Nationals - Over the next 6 weeks Sophia will be preparing herself to swim both the 200m Butterfly and 800m freestyle at Nationals, which are being held in Sheffield towards the end of July.
- 2) I aim to compete for Britain or Brazil as a Junior.
- 3) I aim to compete at Major swim meets such as the Olympics and World Championships